



Lunch & Learn

5 November, 2014
Bldg 3700, Multi Purpose
Room

1130:1230
**BRING
YOUR
LUNCH**



Guest Speaker:
Mrs. Yvette Ponder
MCCS Nutritionist/Health Educator
Mrs. Whitney Hendrix
Director, Daniels Fitness Center



Healthy Weight Loss

POC:
Christopher Shaw
Command Safety Specialist
x7822